

GILMORE GARDENS WEEKENDER "HIGHLIGHTS"



May 3rd, 2024

IN HOUSE NEWS

Please be reminded that we have **Window Cleaning** on Thursday, May 9th and Friday, May 10th. It is important to keep your windows and blinds closed during 8:00AM-4:00PM on these days. Chris, Building Services Manager, and his team will be removing the bug screens to wash them and replace them when the cleaning is finished. If your bug screen is not in place by Friday, May 10th please let Reception know. For those residents who have a balcony, your windows and bug screens will be cleaned by the Housekeeping Team at a later date. Thank you for your understanding and cooperation.

Rosa Tseng (daughter of resident, Kuang Tseng) will be offering a **"Fifteen minutes for Ten dollars" Photo Shoot** on Friday, May 10th from 1:00PM-4:00PM which will be open to all residents and their family. Photos from the shoot will be available online only to purchase at a generously discounted rate. Rosa is a professional photographer and you may remember seeing her photographs of a few of our residents which were displayed on the mantle in March. Rosa will be available on Friday, May 10th from 1:00PM-4:00PM. Please let Recreation know if you would like to participate and we will book you in. **All proceeds from the photo shoot will go to the**



BC Cancer Society.

The **Richmond Singers** have a special concert, "Under One Sky" on Saturday, June 1st at 3:00PM at the Fraserview Mennonite Brethern Church, Richmond. Courtyard Gardens are planning to drive the bus there and are inviting any resident who is interested to join their group of residents. The cost is \$15 per senior if we have a group of 10 people or more. Please add your name to the sign-up sheet in the Activity Room if you would like to go.



Please note that the **Weekender Review (in Chinese)** 中文講解中文講本週活動 **is cancelled** on Friday, May 3rd.

REMINDERS

Are you feeling lucky? Join us at a **Lotto 649 Game** on Saturday, May 4th at 1:30PM in the Activity Room. You never know ... you may walk away with a prize or two!

Do you need to replenish your cupboards with any household items? Sign up for our **Bus Outing: Shopping Trip to Ironwood** on Monday, May 6th at 1:00PM. Remember to bring a reusable bag!

We have a special **Craft Session: Painting with Ranu** on Monday, May 6th at 1:30PM in the Activity Room. Come and enjoy learning some invaluable pointers from this seasoned artist as she shares her expertise with you. We will provide all the supplies you need!

We have a popular **Bus Outing: Shopping at SAS Shoes and Lunch**, Kingsway, Burnaby on Wednesday, May 8th at 10:00AM. Although SAS Shoes are a little more expensive, the shoes are extremely comfortable and very well-made, and the store has offered a discount of \$25 for every pair you purchase! Afterwards, we will go for lunch at White Spot on Kingsway.

How about creating an exclusive pair of earrings for yourself or a friend? Learn how you can make a unique piece of jewellery at a **Craft Session with Audrey: Making Polymer Earrings** on Thursday, May 9th at 2:00PM in the Activity Room. You may have seen Audrey and our female staff wearing some of Audrey's beautiful earrings – and now is your chance to make a pair!

We are excited to host a special **Mother's Day High Tea and Entertainment with Cherelle Jardine** on Friday, May 10th at 2:00PM in the Dining Room. Come and enjoy a sumptuous cup of tea, dainty sandwiches and sweets! If you would like to invite a family member or guest to join you, please advise Valerie or Jill.



Are you a person who appreciates the benefits of regular exercise?! If so, join **Mindful Movements Exercise Class** on Friday, May 10th at 11:00AM in the Activity Room and get ready to move your body in this fun class and feel energized when you leave!

Weekly Calendar for May 4th – 10th, 2024

Saturday, May 4 th		Sunday, May 5 th		
10:00AM 11:00AM 2:00PM 7:00PM	Armchair Exercise Video Tai Chi Lotto 649 Game Movie Night: Thelma & Louise	10:00AM 10:30AM 11:00AM	Cinco De Mayo! Armchair Exercise Video GPUC Worship Service Gentle Fit with Winnie 	
Monday May 6 th	Tuesday May 7 th	Wednesday May 8 th	Thursday May 9 th	Friday May 10 th
10:00AM Chair Fitness 11:00AM Go4Life Walking Club 11:00AM Armchair Exercise Video 1:00PM Bus Outing: Shopping Trip to Ironwood 1:30PM Craft Session: Painting with Ranu  3:00PM "Sit and Be Fit" Gentle Arthritis Video Exercise Class 7:30PM Bingo	10:00AM Armchair Exercise Video 11:30AM Meditation  1:30PM Drumfit 2:00PM Fit Minds  7:00PM Crib/Chess	10:00AM Chair Fitness 10:00AM Bus Outing: Shopping at SAS Shoes and Lunch 10:30AM Catholic Prayer and Communion 11:00AM Armchair Exercise Video 1:30PM Billiards 1:30PM Meet Me at the MoMA: Rafael Goldchain - Photographer 3:00PM Happy Hour 7:00PM Rummikub	Hairdresser 10:00AM Chair Fitness: Strength & Balance 11:00AM Armchair Exercise Video 11:00AM Go4Life Walking Club 1:30PM Java Music Club  2:00PM Craft Session with Audrey: Making Polymer Earrings (Part 1)  7:00PM Game of Hearts	Hairdresser 10:00AM Osteofit Exercise Class with Robin Masters 11:00AM Play Reading with Stephen 11:00AM Mindful Movements Exercise Class 12:00PM Bus Outing: Steveston Village 1:30PM Weekender Review (in Chinese) 中文講解中文講本週活動 2:00PM Mother's Day High Tea & Entertainment with Cherelle Jardine  3:00PM Happy Hour 3:30PM Table Tennis 6:45PM Mah Jong